

MAKE A GREAT PLATE.

Enjoy color, comfort and warmth when it gets chilly outside.

Carrot Soup with Orange Essence

INGREDIENTS

1 tbsp **olive oil**
1 **onion**, diced
2 lbs (about 10) **medium carrots**, peeled and sliced into coins

1 tbsp each **cumin** and **coriander**
5 cups **low-sodium vegetable broth** or **water**
Zest and juice from 1 **orange**
Salt and **pepper** to taste



DIRECTIONS

Add olive oil to a soup pot over medium heat. **Add** onion, sautéing 7 minutes. **Add** carrots, cumin, coriander and broth. **Bring** to a boil, then simmer about 15 minutes or until carrots soften. **Remove** from heat, add zest and orange juice, and purée with blender until smooth. **Season** to taste with salt and pepper.

Makes 4 Servings. Each: 107 calories • 2g protein • 4g total fat • 18g carb • 8g sugar • 5g fiber • 396mg sodium